

Prevalence of Chronic Disease Risk Behaviors and Outcomes

Data source: 2019 Maryland Behavioral Risk Factor Surveillance System (BRFSS), 2019 National BRFSS

Prepared 12/14/2020 by Brad Knight

2019 BRFSS Data	Maryland Statewide				National (50 States + DC)			
	Population		95% Confidence Interval		Population		95% Confidence Interval	
			Lower limit	Upper limit			Lower limit	Upper limit
Estimate (N)	Percent (%)	Lower limit	Upper limit	Estimate (N)	Percent (%)	Lower limit	Upper limit	
Weight classification+								
Healthy weight (BMI 18.5 to 24.9)	1,340,868	32.0	30.8	33.2	71,512,765	32.1	31.8	32.4
Overweight (BMI 25.0 to 29.9)	1,469,397	35.1	33.9	36.2	80,165,551	36.0	35.6	36.3
Obese (BMI 30.0 and above)	1,377,402	32.9	31.8	34.0	71,304,193	32.0	31.7	32.3
Chronic conditions++								
Diabetes <i>(excludes women told only during pregnancy)</i>	521,239	11.1	10.5	11.8	27,965,027	11.2	11.0	11.4
Hypertension <i>(excludes women told only during pregnancy, excludes borderline high or pre-hypertensive)</i>	1,619,473	34.9	33.9	35.9	82,094,756	33.2	33.0	33.5
High cholesterol	1,471,994	33.0	31.9	34.0	71,708,558	31.2	30.9	31.5
Heart attack	166,277	3.5	3.2	3.9	10,591,664	4.2	4.1	4.3
Angina or coronary heart disease	145,360	3.1	2.8	3.4	9,783,199	3.9	3.8	4.0
Stroke	144,693	3.1	2.7	3.4	8,570,876	3.4	3.3	3.5
Arthritis	1,130,883	24.0	23.2	24.8	62,752,535	25.0	24.8	25.2
Depressive disorder	745,045	15.8	15.0	16.6	47,168,121	18.8	18.6	19.0
Leisure time physical activity								
Reported leisure time physical activity	3,392,042	76.6	75.6	77.7	173,436,217	73.7	73.4	74.0
Did <u>not</u> report leisure time physical activity	1,033,950	23.4	22.3	24.4	61,901,686	26.3	26.0	26.6

+ Weight classification is based on body mass index (BMI) which is calculated using a standard formula.

++ Survey respondents were asked if a doctor, nurse, or other health professional ever told them they had the condition.

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	95% Confidence Interval				95% Confidence Interval			
	Population		Lower limit	Upper limit	Population		Lower limit	Upper limit
Seatbelt use	Estimate (N)	Percent (%)			Estimate (N)	Percent (%)		
Reported always using seatbelt	<i>Not collected in 2019</i>							
Reported <u>not always</u> using seatbelt (nearly always, sometimes, seldom, or never use)	<i>Not collected in 2019</i>							

+ Weight classification is based on body mass index (BMI) which is calculated using a standard formula.

++ Survey respondents were asked if a doctor, nurse, or other health professional ever told them they had the condition.